

All You Need to Know About Machu Picchu Tours

Ok, so you have probably heard of **Machu Picchu!** Or you have learned about the incredible Inca civilization and the Lost Cities of Gold in school. However, did you know that Peru is a country of awe-inspiring nature, scenery, history, gastronomy, and culture? Much of what makes Peru so special can be explored on a **Machu Picchu vacation package**. On a **Machu Picchu tour**, you can explore a truly unforgettable destination. One that appears on many travelers' bucket lists. This UNESCO World Heritage site offers more than just ancient Inca ruins. It's the gateway to adventure, mystery, and inspiration. Read on for all you need to know about **tours to Machu Picchu!** We will answer the most frequently asked questions about tour packages to the famous Inca archaeological site. How to prepare for your tour and how to reserve the entrance fees to the Inca citadel. In general, what to expect on a tour to the iconic Inca city!

A Complete Guide For Machu Picchu Tour Packages

Exploring Machu Picchu's History and Facts

Carefully situated within dramatic landscapes. A place where **the Peruvian Andes** and the Amazon Basin meet. The **Historic Sanctuary of Machu Picchu** is one of the greatest architectural, constructive, and astonishing achievements in the world. and the most significant legacies of **the Inca Civilization in Peru**. **Machu Picchu** stands 2,430 m (7972 ft.) above sea level, in the middle of a tropical mountain cloud forest, in a mesmerizing setting. It was probably the most amazing urban construction during the height of the Inca Empire. Its enormous walls, expansive terraces, and steep staircases seem as if they have been cut naturally in the continuous rock faces. This natural setting is on the eastern slopes of the Andes. on the upper Amazon basin with its rich biodiversity of flora and fauna. Machu Picchu was abandoned when the Inca Empire was conquered by the Spanish Conquerors in the 15th century. The Spanish never actually discovered the Inca city. However, due to its incredibly remote location. You will see on your **Machu Picchu tour** that the 200+ structures are built into a steep cliff face and traversed by huge stone terraces. They form impressive religious, agricultural, ceremonial, and astronomical centers. The Inca Citadel is divided into a lower and upper section. They separate the farming from residential areas, with a large plaza between the two. Today, many of the mysteries still perplex historians and archaeologists. What was the exact purpose of the site? The Incas' understanding of astronomy and the domestication of wild flora? Despite

its relatively small size, Machu Picchu is very rich in biodiversity. The site is a natural habitat with remarkable endemic flora and fauna.

Machu Picchu Tickets and Permits

Permits for the Inca citadel cannot be purchased at the entrance gate. They should be purchased from an authorized tour operator such as Pathfinder Peru. Or directly from the government website of the Ministry of Culture. There are only 2,500 **permits available for Machu Picchu each day**.

There are 3 main ways to purchase your Entrance ticket: 1. In person at an authorized office in Cusco or Aguas Calientes. 2. Online through the official website. 3. From an authorized travel agency such as Valencia Travel.

- **Option 1.** Go to the 'Dirección Regional de Cultura' office with your passport on Garcilaso Street, Cusco. The Garcilaso House is only 2 blocks away from the Plaza de Armas (main square). You can also travel to Aguas Calientes and purchase your **Machu Picchu entrance** from the Ministry of Culture office. This should be done the day before you want to visit the Inca Citadel. Expect to queue for a few hours to secure your entrance ticket.
- **Option 2.** Online. The Ministry of Culture's website at: www.machupicchu.gob.pe. Click on the UK flag at the top right to change the site in English. Bear in mind that the site is often down/not working which makes it tricky to buy your permit online.
- **Option 3.** Book your ticket with a tour operator. The easiest and safest way to secure Machu Picchu permits is through an authorized tour operator. They will purchase the entrance ticket for you. You just need to send a copy of your passport and the date of the visit. Remember that once purchased, these entrance tickets will not be refunded. They cannot be changed or transferred to another person. Of course, we include the Machu Picchu entrance ticket on all of our tours to the Inca city.

Tips on Physical Preparation For Your Machu Picchu Tour

Traveling to any destination anywhere in the world can be hard both emotionally and physically. Peru and South America are no exception! You need to take care of your health to enjoy your **Machu Picchu tour** to the full! Here, we will offer some useful tips for healthy travel. There is also some advice on staying healthy during your **Machu Picchu Tour Packages**.

Before you leave home for Your Machu Picchu Tour

Visit a medical clinic before you travel. Your doctor will give you the injections you need. This depends on the locations you wish to visit on your Peru vacation packages. Vaccines and medications are the best ways to protect yourself while traveling. Vaccines for Hepatitis B, Typhoid, Cholera, Tetanus, and a rabies vaccine. These are our recommendations for traveling to Peru. There are also other illnesses you could encounter. These include the famous Travelers' Diarrhea! The common cold (there are different cold viruses in Peru). These are the most common things you may encounter when you travel to Peru for your **Machu Picchu tour**.

First Aid Kit

Pack a good first aid kit. You may think that you do not need one, but this is an essential part of any preparation for **your tours to Machu Picchu**. Only take the essentials! Anti-diarrheal medication. Antihistamine. Anti-motion sickness medication. Pain relievers. Laxatives. Antacids. Anti-bacterial ointment. Hand sanitizer. Band-aids. Cream for sunburn, and Rehydration salts. If you don't need them, then great, but it is better to have a fully equipped first Aid kit on your tour than not! Remember, your **Machu Picchu Tour** involves visiting remote regions of Peru. Medical facilities are scarce or non-existent.

Travel Insurance

We all know that when traveling, insurance is an extra expense. You might not be thinking about it for your **tour to Machu Picchu**. However, a basic travel insurance policy is essential for any **travel in Peru**. Obviously, we hope that all will run smoothly! However, if something should happen, you can at least rely on your insurance policy. This will pay for emergency treatment and to help get you home if necessary. Without it, you may be in serious trouble during your **Machu Picchu vacation!**

Fitness Levels

Build up your fitness level with aerobic training, or cardiovascular training, before your tour. This refers to exercise that uses oxygen to adequately meet the demands of exercise. Aerobic metabolism should be the focus of your preparation. Swimming, running, and hiking are all excellent ways to prepare! To get the most out of your **Machu Picchu vacation package**.

Mental Preparation

Training for a Machu Picchu tour is just as much about your mental stamina. It is not all about physical endurance. There will be points along your tour that are particularly tricky.

However, there is nothing too difficult, and no long hikes are necessary. Make sure you have a positive attitude before arriving in Cusco. That means preparing yourself mentally for your experience ahead.

During your Machu Picchu Tour

Water:

Anywhere you travel in the world, you need to be careful with the drinking water. Normally, what most people do is buy bottled water, which is the best idea, but make sure that the seal is intact. For **your Machu Picchu tour**, it is important to take a refillable water bottle. Purified water is provided at your hotel. This is a good way to protect the environment. You also avoid the use of unnecessary plastics on your visit to Machu Picchu. Make sure you keep your fluid levels up to avoid dehydration. Don't forget this is a **once-in-a-lifetime Machu Picchu tour**.

Food:

Eat healthy and in reputable restaurants before your Machu Picchu tour. This will avoid unwanted illnesses. Getting sick before your **vacation package** is not a good way to prepare! You want to be feeling well to visit this modern wonder of the world. Remember that your body is already dealing with the altitude gain. Even before you begin your Machu Picchu visit. Getting sick could take away valuable travel time on **your trip to Peru**. Wait until after your **Machu Picchu tour** to sample or experiment with the local cuisine. Sample all of the delicious Peruvian dishes (and pisco sours) after your **Machu Picchu trip!**

The Altitude:

Take it easy when you arrive in Cusco and drink plenty of water. Do not take the altitude lightly this can make you feel sick and you do not want to spoil your Machu Picchu Tour. For the first few **days in Cusco**, do nothing more than stroll around. Once you feel your breathing is normal and you are getting used to the thinner air. After a couple of days do some visits around the local archaeological sites. Or maybe a **Sacred Valley Tour** which is at a lower elevation.

Alcohol:

Save the parties and drinking until after your **Machu Picchu Tour**, your body will thank you for it. Alcohol can cause terrible hangovers at altitude and should be avoided. At least while you are acclimatizing 😊. In any case, you will probably want to celebrate your **epic Machu Picchu visit!** So save the Pisco Sours until after your **Machu Picchu Tour Package!**

Hotels:

The top-end hotels throughout Peru usually have decent gyms and excellent spa facilities. These will help you keep fit and well during your stay. There are many wellness **options in Peru**. Especially for those who want to maintain a healthy lifestyle during their **Peru journey**. Ask us at Pathfinder Peru for more information on wellness options. Either before or after your Machu Picchu Tour.

You can also sign up for a local gym if you want to maintain your fitness regime from back home. Either before or after your **Machu Picchu Tour**. Explain to the trainer how long you have been **traveling in Peru**, or at high altitudes. Tell them that you want to prepare for your tour. They will make sure you are not over-exerting yourself. This is especially important in Cusco or other high-altitude cities.

Train Travel on Your Machu Picchu Trip

Unless you decide to **hike to Machu Picchu**. After all, there are many fantastic trekking routes! Your only other option is to take the train. The train is a beautiful journey through the Sacred Valley of the Incas. It arrives in Aguas Calientes (the town below the Archaeological Site), at the foot of **the Wonder of the World! Machu Picchu** is located between the Andes Mountains and the Amazon Rainforest. This makes access to the Inca site somewhat difficult. Fortunately, if you want to head out on a tour, you can enjoy the train journey from Cusco to Machu Picchu. Without trekking for days!

High Altitude and Acclimatization Tips for Your Machu Picchu Tour

If you are planning to travel to Peru, you will want to **visit the iconic Machu Picchu**. You can experience an incredibly diverse range of landscapes and habitats. This is where you can take part in all types of adventurous and cultural activities. One of the main **attractions in Peru** of course is Machu Picchu. The Inca citadel is at a lower elevation than Cusco. Your body still needs to be adjusted to the high elevation, however. This is so you can climb the steeper staircases and terraces on your **Machu Picchu tour**. **Machu Picchu altitude sickness** is a thing! Acclimatization is just as important as taking plenty of water on your tour. Remember, acclimatization is a lot more complex than simply popping a few tablets. **Here are some top tips to avoid Machu Picchu altitude sickness**. Especially if you have just arrived for your tour to Machu Picchu.

Take it Easy When You Arrive For Your Machu Picchu Tour

On arrival in Cusco, the first thing is first; there should be no rushing around. The best thing to do is to take it easy for the first 24 hours. The remarkable Andean scenery will still be there the following day! If you have made plans for a **Machu Picchu Tour**, taking it easy for the first day will help you get the most out of your visit. This gives your body time to adjust. Better than just heading off into the mountains, after leaving your bags at your Cusco hotel.

Relax as You Acclimatize

There are plenty of amazing things to do in the city of Cusco. Allow yourself as much time as possible to relax and take things easy. Then you will be in much better shape for when you head out on your **Machu Picchu Tour**. Coffee shops, reading material, and getting to know the area, are all excellent ways to relax in Cusco. There are some impressive examples of Inca architecture to be visited in Cusco. This is even before you set off on your epic Machu Picchu tour. It is definitely worth taking a look around on a **Cusco City tour**. Make this a part of your acclimatization to the high altitude in the Andean region of Peru.

Pack Light On Your Machu Picchu Tour

Make sure you only take the absolute necessities on your **Machu Picchu Tour**. Carrying an overweight backpack will not only slow you down but will over-exert you. Especially in areas where there is less oxygen on the way to the Inca city. You can store your main luggage at your Cusco hotel or at our office. So just take the essential items you will need for **your Machu Picchu Tour**. Remember to pack light!

Eat Well In Preparation For Your Tour

This refers to eating the correct way and the right meals on your arrival in Cusco. Not eating everything in sight! Salads (washed in purified water), sandwiches, and plenty of water are excellent choices. This will prepare your body for any potential altitude issues. Don't forget, your digestive system slows down at high altitudes. Smaller, more frequent meals are the way to go instead of massive plates of food. Try and stick to carbs instead of greasy food to keep your energy levels up. This is the best preparation for your **visit to Machu Picchu**.

Avoid Alcohol Before the Machu Picchu Tour, At least!

You will have to acclimate for your **Machu Picchu Tour**. All that sitting around can often lead to the more sociable side of **life in Peru**. However, avoid alcohol until your body has acclimatized to the altitude. Feeling nauseous, dizzy, and suffering severe headaches can

really take its toll. Even without a few drinks! When altitude is combined with alcohol, the effects can be seriously nasty. Save the pisco sours until after you **visit the Inca Citadel!**

The Magical Coca Leaf

The humble coca leaf has been used for medicinal and ceremonial purposes. Especially in the Andean region. This magical leaf helps to combat altitude symptoms. It acts as a diuretic, and is downright tasty! You can make a herbal brew or chew them directly. This incredible natural remedy will help with headaches. It will also ease other side effects of high altitude. Your hotel will have a regular supply of coca tea for those who are feeling altitude symptoms. They will definitely help on your **Machu Picchu Tour**.

Starting and Ending Points for Your Machu Picchu Tour.

Our tours always begin and end in Cusco. Whether you're a seasoned adventurer or a first-time traveler, your **Machu Picchu tour** will be unforgettable. Knowing the tour's starting and ending points is key to making the most of your visit.

Starting Point: Cusco

Our **Tours to Machu Picchu** will begin when we collect you from your Cusco hotel. We will pick you up at the pre-arranged time. We will travel in our private car to the train station. This could be in Poroy (just outside of Cusco) or Ollantaytambo in the Sacred Valley. This depends on your preferred train service. From here, we will take the train to Aguas Calientes, the town below Machu Picchu.

Ending Point: Cusco

The culmination of your tour on the inward journey is of course, Machu Picchu. This ancient city, nestled high in the Andes, is the ultimate reward! As you approach Machu Picchu, you will be awestruck by the beauty of the Inca Citadel. It will leave you breathless with its magnificence.

Machu Picchu: The heart and soul of your journey. **Machu Picchu is a UNESCO World Heritage Site and one of the New Seven Wonders of the World.** Explore the intricate stonework. The **Temple of the Sun** and the Intihuatana stone are standout features. Explore, while learning about the history and culture of **the Inca civilization**.

After your **Machu Picchu Guided Tour**, you will take the bus back down to Aguas Calientes. From here, you will take the train back to Poroy or Ollantaytambo. Our private car will be waiting to collect you at the train station to take you back to your Cusco Hotel.

***Please note that Pathfinder Peru always includes the transport back to your hotel. After the tour, we will take you back to Cusco.**

Time is a great healer as they say! It is when it comes to adequate acclimatization before your **Machu Picchu tour**. Allow in general 2 to 3 days of acclimatization. This is before even thinking about venturing on your **Tours of Machu Picchu**. Your body will thank you for it and you will have a much better visit if you are feeling at your best. Find out more **about Machu Picchu Experiences** with **Pathfinder Peru**.

Best Time to Visit Machu Picchu

The weather on your Machu Picchu tour generally depends on the season you are **traveling to Peru**. Generally speaking, April to September is the dry season. November to February is the rainy season. March and October are considered the shoulder seasons. This means the climate can be unpredictable. Peru is in the southern hemisphere, so when it's summer in the USA and Europe, it is winter in Peru. June to August are the peak winter months in Peru, and November to February is summer. However, the rainy season in the Andes actually falls during the summer months. So although there are warmer temperatures, the weather is wet. The weather patterns have become more variable in the past few years. This is why we recommend that you prepare for sun and rain all year round. Temperatures on your **Machu Picchu Vacation Package** are generally consistent throughout the year. Mornings and evenings are always cold. Make sure you bring a fleece jacket for the mornings and a down jacket for the evenings. Once the sun comes up you should be comfortable hiking and touring Machu Picchu in short sleeves. Long pants are encouraged to help protect from mosquitoes. These can be an issue in Aguas Calientes and at the Inca citadel. Views can be affected on your **Machu Picchu tour** all year round. This ancient city is situated in a cloud forest, so low-lying clouds and rain are common. Cloud cover is more common during the rainy season. Generally, the cloud lifts as the sun comes over the mountains and burns away the clouds.

The Best Packing Tips For Machu Picchu Vacation Packages

Machu Picchu is one of those places that is on most people's most people's bucket lists. As a wonder of the world, the sense of awe and amazement you feel will always surpass your expectations. It is also an incredible feat of Inca engineering. There are many ways to get to Peru's famous Machu Picchu. You can hike along one of the incredible trails,

including **the world-famous Inca Trail**. If hiking is not your thing, you can also reach **Machu Picchu by Train**. The train will arrive in Aguas Calientes. You will then take the shuttle bus up to the magical Inca citadel and then back down again. When you plan your tour, one of the biggest dilemmas is what to pack. Here is the essential **Packing List for tours to Machu Picchu**.

Clothing for Your Machu Picchu Vacation Package

- raincoat or poncho
- lightweight clothing for layering
- bathing suit (or two)
- lightweight shorts and pants
- t-shirts
- warm pajamas
- wool sweater
- light jacket
- Nice outfit for a night out in Cusco or Lima
- cross-body purse for city touring
- brimmed hat
- warm hat
- sunglasses
- sneakers or other walking shoes
- hiking boots (waterproof is ideal)
- daypack or small overnight bag

Health Items to Pack

- Sunblock
- Insect repellent
- Personal first-aid items
- Personal medicines
- toiletries
- toilet paper

Equipment/ Technology

- Walking Sticks
- Umbrella
- Photographic camera
- language app or dictionary for Spanish and Quechua

- cell phone
- Batteries or an extra power pack
- Refillable water bottle

Documents For Machu Picchu

Do not forget your original passport with at least 6 months' validity to enter Peru. An ISIC card if you are a student eligible for the discount.

Finally, don't forget to bring some cash for tips, shopping, and other small expenses. US Dollars and Peruvian Nuevo Soles (preferable). You will get better exchange rates in Peru than back home for USD to Soles.

Important* Please bear in mind the weight allowance for your international and domestic flights. This is important when you are considering what to pack for your **trip to Peru**.

Also, **the train to Machu Picchu** has a weight allowance of 8 Kilos. This means you will store your main luggage in **the Cusco Hotel** while you are on your **Machu Picchu tour**.

Always check with the company what equipment is included in the cost of your tour. Make sure you base your packing list on that. If you have any questions about what to pack for your **Machu Picchu Vacation Package**, [contact us here!](#)

